

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 20: Breakdown of the Types of Grains Reported by California Children (N=334)

Types of Grains	Mean Servings (oz-eq)
Total Grains	5.23
Grains, Flour and Dry Mixes	0.93
Loaf-type Bread and Plain Rolls	1.32
Other Breads (quick breads, corn muffins, tortillas)	1.33
Crackers	0.05
Pasta	0.38
Ready-to-eat Cereal (not presweetened)	0.26
Ready-to-eat Cereal (presweetened)	0.45
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers	0.30
Snack Bars	0.04
Snack Chips	0.12
Popcorn	0.04

Grain servings are defined per the *Dietary Guidelines for Americans 2005* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply.

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Table 21: Total Servings of Grains Reported by California Children (N=334)

	Mean Servings (oz-eq)			
	Total Grains	Whole Grains ¹	Some Whole Grains ²	Refined Grains ³
Total	5.2	1.4	0.4	3.5
Gender				
Boy	5.1	1.2	0.4	3.5
Girl	5.3	1.6	0.3	3.4
Ethnicity				
Hispanic	5.0 *	1.5	0.3	3.2 **
Non-Hispanic	5.8	1.1	0.5	4.2
Parent Education				
Less than High School	5.2	1.8 ** a	0.2 * a	3.2
High School Graduate	5.5	1.1 b	0.5 a	4.0
Some College/Graduate	5.1	1.2 b	0.4 a	3.5
Overweight Status				
Not Overweight	5.3	1.5	0.4	3.4
Overweight/Obese	5.2	1.2	0.3	3.7
Physical Activity				
≥ 60 minutes	5.2	1.6	0.4	3.3
< 60 minutes	5.3	1.2	0.3	3.8
School Breakfast				
Yes	4.9	1.0 *	0.3	3.6
No	5.3	1.5	0.4	3.4
School Lunch				
Yes	5.6	1.5	0.3	3.9
No	5.1	1.4	0.4	3.3
Fast Food				
Yes	6.6 ***	1.1	0.5	5.1 ***
No	5.0	1.5	0.3	3.2
Nutrition Lesson				
Yes	5.2	1.5	0.4	3.3
No	5.3	1.3	0.4	3.6

Grain servings are defined per the *Dietary Guidelines for Americans 2005* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply.

¹ Whole grains include grain products in which a whole grain ingredient is the first ingredient on the food label.

² Some whole grains include grain products in which a whole grain (e.g., whole wheat flour, oatmeal, brown rice, whole rye meal) or a partial whole grain ingredient (e.g., wheat bran, wheat germ) appears anywhere else on the label.

³ Refined grains include grain products in which no whole grain ingredients are identified on the label.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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**Table 23: Proportion of California Children Meeting the Recommendations
for Grains, Whole Grains, and Enriched Grains (N=334)**

	Percent Eating Recommended Servings	
	Total Grains (5-7 oz-eq)	Whole Grains (2½-3½ oz-eq)
Total	49.7	17.1
Gender		
Boy	48.4	11.8 *
Girl	50.8	21.5
Ethnicity		
Hispanic	47.6	17.2
Non-Hispanic	56.0	16.7
Parent Education		
Less than High School	52.7	22.1
High School Graduate	50.7	14.1
Some College/Graduate	46.1	13.3
Overweight Status		
Not Overweight	46.6	18.9
Overweight/Obese	52.4	15.1
Physical Activity		
≥ 60 minutes	49.8	20.6 *
< 60 minutes	50.4	10.9
School Breakfast		
Yes	38.6	9.1
No	51.4	18.3
School Lunch		
Yes	57.6	17.6
No	47.0	16.9
Fast Food		
Yes	69.8 **	11.6
No	46.7	17.9
Nutrition Lesson		
Yes	48.8	20.6 *
No	51.3	10.9

Grain servings are defined per the *Dietary Guidelines for Americans 2005* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. Based on the *Dietary Guidelines for Americans 2010*. Recommendations vary by age, gender, and level of physical activity. For children ages 9-11, the recommended amount of whole grains is 2½-3½ ounce-equivalents along with 2½-3½ ounce-equivalents of enriched grains, totaling 5-7 ounce-equivalents of grains per day. The amounts used here are appropriate for children who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 24: Servings of Cereal and Cereal Type Reported by California Children Out of Cereal Eaters (N=334)

	Out of Cereal Eaters		
	Mean Servings of Cereal	Percent of Cereal Reported	
		Presweetened ¹	Whole Grain ²
Total	0.7	28.1	24.6
Gender			
Boy	0.7	27.5	23.5
Girl	0.8	28.7	25.4
Ethnicity			
Hispanic	0.7	27.6	26.0
Non-Hispanic	0.7	29.8	20.2
Parent Education			
Less than High School	0.8	28.2	26.0
High School Graduate	0.7	31.0	21.1
Some College/Graduate	0.7	26.6	25.8
Overweight Status			
Not Overweight	0.8	30.4	27.0
Overweight/Obese	0.7	29.4	22.2
Physical Activity			
≥ 60 minutes	0.8	30.1	25.8
< 60 minutes	0.6	26.1	23.5
School Breakfast			
Yes	0.6	25.0	27.3
No	0.7	28.6	24.1
School Lunch			
Yes	0.7	27.1	23.5
No	0.7	28.5	24.9
Fast Food			
Yes	0.7	30.2	18.6
No	0.7	27.8	25.4
Nutrition Lesson			
Yes	0.7	26.3	22.0
No	0.7	31.1	27.7

Grain servings are defined per the *Dietary Guidelines for Americans 2005* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply.

¹ Presweetened cereals contain 21.2% total sugars per WIC guidelines.

² Whole grains include grain products in which a whole grain ingredient is the first ingredient on the food label.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001